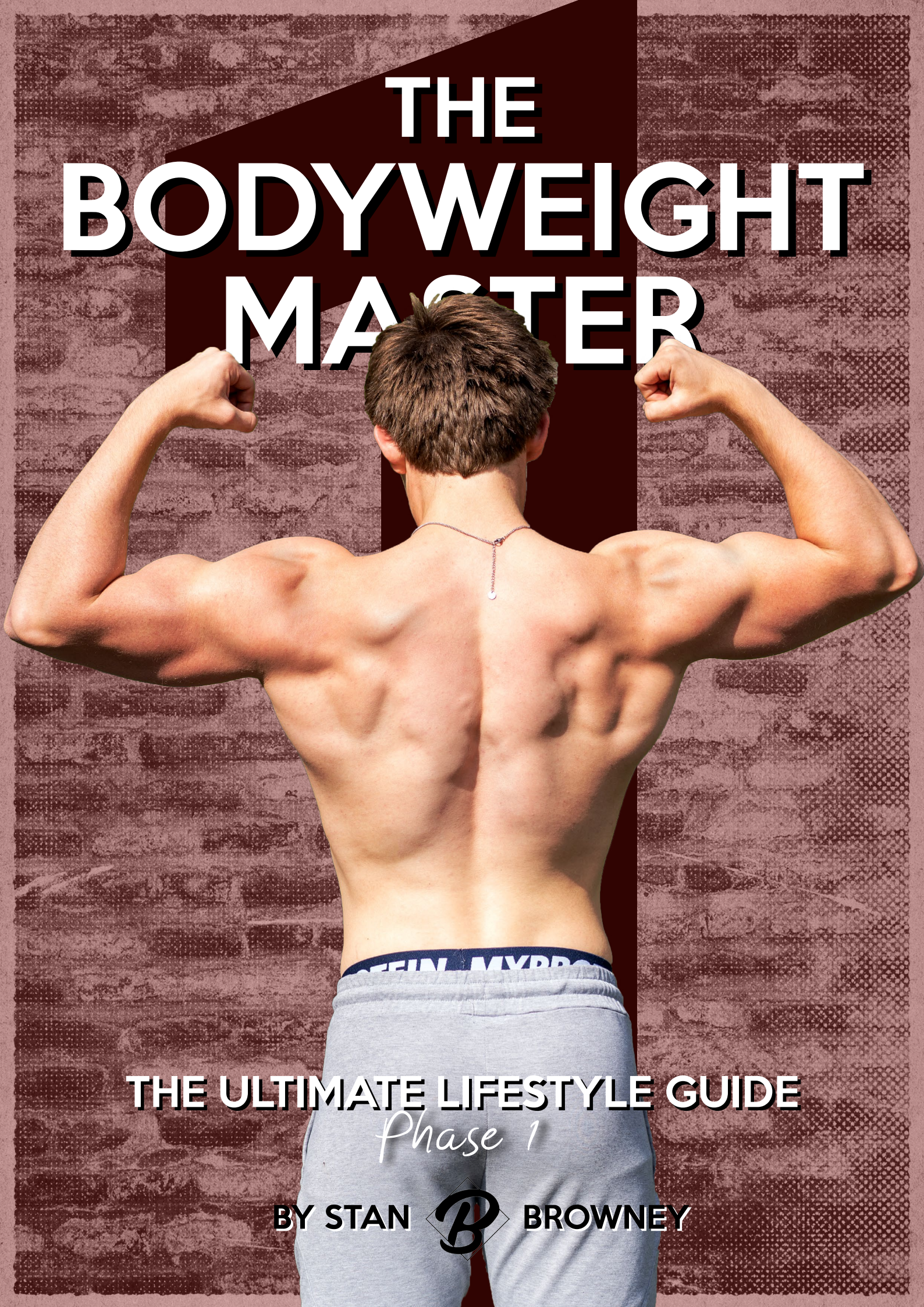


# THE BODYWEIGHT MASTER

A muscular man is shown from the back, flexing his biceps. He has short brown hair and is wearing a thin necklace and light blue sweatpants. Behind him is a large, dark red geometric shape that resembles a stylized '1' or a triangle. The background is a textured, reddish-brown surface.

THE ULTIMATE LIFESTYLE GUIDE  
*Phase 1*

BY STAN



BROWNEY



# THE WAY

**WHAT TO DO, WHEN & WHY? THE QUESTIONS OF LIFE.**

*And I'm talking about everything, everywhere and all the time: Your body; physically and mentally. Your social interactions; friends, family and even enemies. Your knowledge. Everything.*

*How to: deal with it, improve, better and progress.*

This program ('THE LIFESTYLE') is designed to focus on all these points, in all areas, and discuss and tackle the occurring problems. All the information in front of you is based on studies, books, experiences and the internet, yes, the internet.

**"IN ORDER  
TO PROGRESS,  
YOU NEED TO  
WORK FOR IT  
AND ALLOW  
CHANGE!"**

What if I told you that with simple changes, your entire life could change. Would you believe me?

My goal is to create a clear path, a way of life that everyone can apply to their situation.

As mentioned above, in all categories: Health, work(outs), social interaction, style, habits etc. etc.

# LIFE-LESSONS

EMBRACE THESE BASIC LIFE-LESSONS

DON'T  
CONDEMN  
TOO QUICKLY.  
PREJUDICE  
CAUSES THE  
BIGGEST AND  
MOST FATAL  
MISTAKES.



ACKNOWLEDGE  
THE FACT  
THAT THERE  
IS ALWAYS  
ROOM FOR  
IMPROVEMENT.  
PERFECTION IS  
A DELUSION.

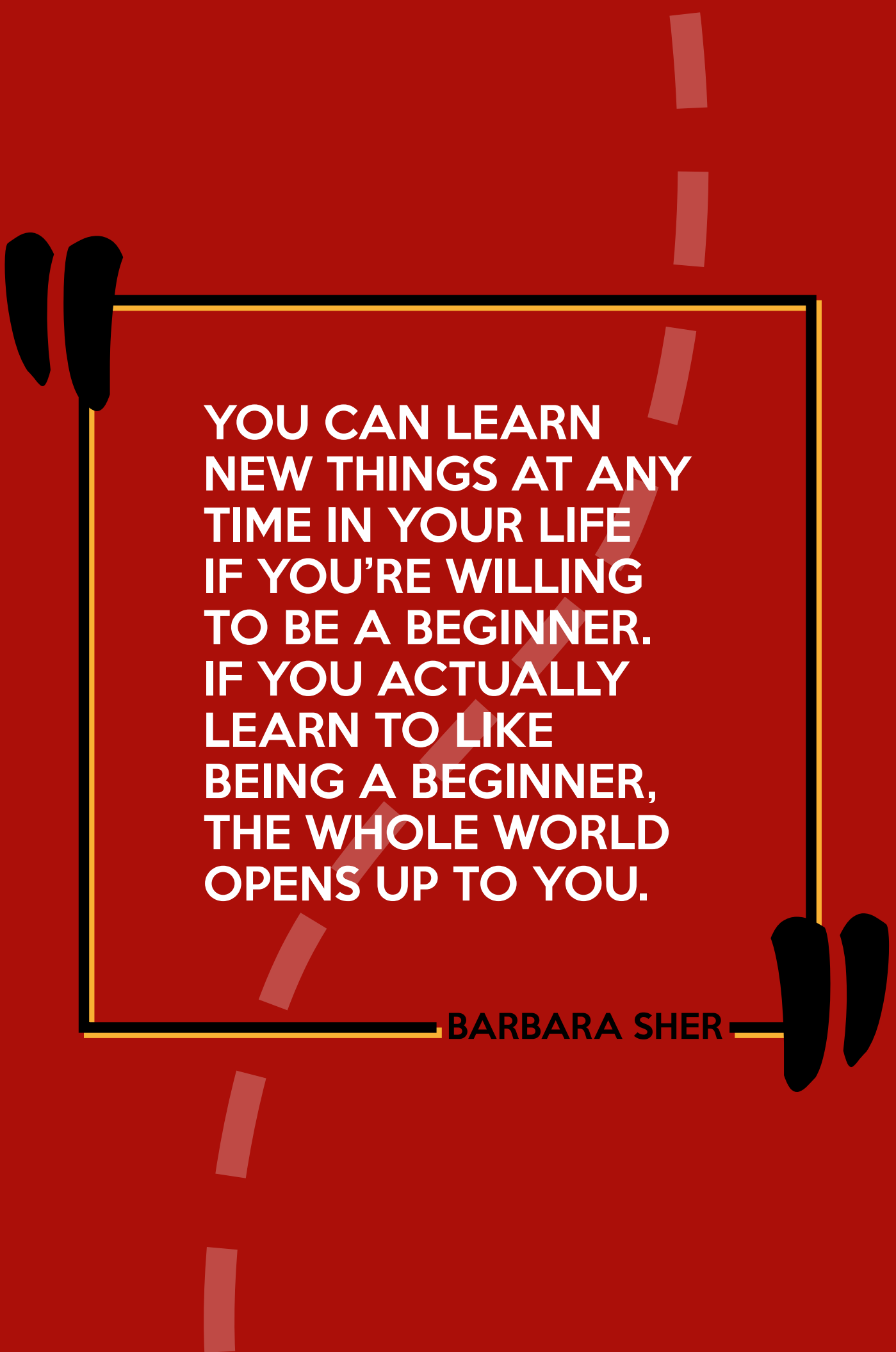


ALLOW THE  
VISIONS OF  
OTHERS TO  
IMPACT YOU.  
DON'T BE TOO  
SCEPTIC, THINK  
ABOUT THEM  
RATIONALLY.



YOU WILL  
FAIL. BUT IT'S  
ABOUT HOW  
YOU COPE  
WITH THAT.





**YOU CAN LEARN  
NEW THINGS AT ANY  
TIME IN YOUR LIFE  
IF YOU'RE WILLING  
TO BE A BEGINNER.  
IF YOU ACTUALLY  
LEARN TO LIKE  
BEING A BEGINNER,  
THE WHOLE WORLD  
OPENS UP TO YOU.**

**BARBARA SHER**



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# THE PROGRAM

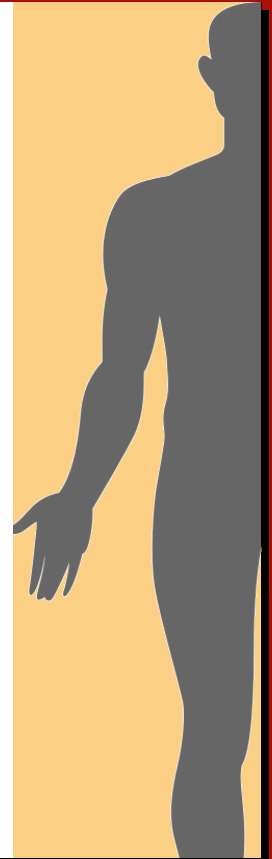
During this 12 week (actually 13 week) program, the beginner workout program, we will focus on basics and getting started. All my programs are progression focused, and even more important, YOUR progression focused! We are TRANSFORMING YOU! Not only the 'epic body transformation'.

Progression in 2 areas:

**YOUR BODY.  
WHICH YOU  
WILL BUILD BY  
JUST GETTING  
STARTED.  
JUST TRYING  
THINGS OUT  
GETTING  
COMFORTABLE  
WITH THE  
MOVEMENTS.**



**YOURSELF.  
WHICH YOU  
WILL BUILD  
BY LEARNING  
WHAT  
DISCIPLINE  
IS. BEING  
DEDICATED.  
YOU WILL ONLY  
SEE RESULTS  
IF YOU'RE  
CONSISTENT,  
AND YOU  
WILL ONLY BE  
CONSISTENT  
IF YOU'RE  
DISCIPLINED.**





So area 1, YOUR BODY:

The main focus of this program, your body. You will gain strength, endurance and muscle. This can vary between some beginner gains and an extreme life changing difference in just 12 weeks. You will need to work your a\$\$ off for it, though!

Area 2, YOURSELF:

And with this I mean really improving as human being. How hokus pokus that may sound, it's simple and the truth, simply the truth. Learning what you can do with a bit of dedication and consistency and how that can change things, is an incredible valuable lesson that you can and should apply to other things in life.

The fact that you already bought this program, makes you stand out from 'the others' who try to lose weight or gain weight and get fit, but in the end they only end up failing due to lack of self-discipline or simply because they just don't want it bad enough.

And, because they don't have a plan. It is hard to start, everyone knows that. This is nothing something that happens overnight. So again, that you made the decision to take action shows that you can do this. You completed STEP 1.

You have already done STEP 1. Now it's a waste just give up, right?

### **ALSO A TIP**

DON'T WANT TOO MUCH TOO QUICK. Give everything some time. If you can't do any pullups or pushups, so be it. Don't force it. You will injure yourself and/or have awful form when performing an exercise. (What will lead to no gains at all).

**IN THIS WORKOUT YOU START WITH WORKING OUT 3 TIMES A WEEK**

### **WHAT SHOULD A WEEK LOOK LIKE?**

#### **EXAMPLE 1:**

Day 1: Workout 1	
Day 2: Rest	
Day 3: Workout 2	
Day 4: Rest	
Day 5: Workout 3	
Day 6: Rest	
Day 7: Rest	

This should be your aim. Simply because when day 5 hits and you did your workout, you will have enough time to let your body rest and recover. But also for this reason (TIP INCOMING): When day 5 hits, and you haven't been able to do one of the workouts you still have plenty of time to get that workout in! Always be prepared for surprises.

## WHAT SHOULD A WEEK LOOK LIKE?

### EXAMPLE 2:

Day 1: Workout 1  
Day 2: Rest  
Day 3: Workout 2  
Day 4: Rest  
Day 5: Rest  
Day 6: Workout 3  
Day 7: Rest

OR

Day 1: Rest  
Day 2: Workout 1  
Day 3: Rest  
Day 4: Workout 2  
Day 5: Rest  
Day 6: Rest  
Day 7: Workout 3

Don't focus too much on the rest time, 24-48H of rest is plenty! So don't worry about things like 'not having a rest day in between workout days', you don't have to have a rest-day, it is a good thing to have that from time to time! But that shouldn't be a problem.

### LATER

Nothing really changes from week 5-8 compared to the first 4 weeks. However there is an added exercise!

[xCLICK HERE FOR THE VIDEOx](#)

### LATER

Later there will be a 4th workout in the program (if possible and meets your desires a.k.a. you want to focus on learning new skills and building the required strength.)

Week 8-12

## THEN A WEEK WILL LOOK SOMETHING LIKE THIS

Day 1: Workout 1  
Day 2: Rest  
Day 3: Workout 2  
Day 4: Rest  
Day 5: Workout 3  
Day 6: Rest  
Day 7: Workout 4

OR

Day 1: Workout 1  
Day 2: Rest  
Day 3: Workout 2  
Day 4: Rest  
Day 5: Workout 3  
Day 6: Workout 4  
Day 7: Rest

Whenever it fits you! Just get the 4 workouts in per week!



**DON'T FORGET**

**IT'S ALL  
ABOUT  
SAFETY**

The background image for the text is a composite of three photographs. The top photo shows a person wearing sunglasses and a life vest, looking up. The middle photo shows a person in a life vest, looking down. The bottom photo shows a person in a life vest, looking down. The text 'IT'S ALL ABOUT SAFETY' is overlaid on these images in a large, bold, black font.

# WARM UP

## THE MOST IMPORTANT PART OF THE WORKOUT.

Why? Because if you skip this part you can risk never being able to work out ever again, and remember:

being able to work out > not being able to work out.

[xCLICK HERE FOR THE VIDEOx](#)

**START**

30 ROPE JUMPS  
OR  
30 JUMPING JACKS

SWING IT OUT  
&  
JUMP IT OUT

STRETCH OUT

PULLS  
&  
SQUAT PULLS

ROTATOR CUFFS

AUSTRALIAN PULLUPS/  
INVERTED ROWS/  
ASSISTED PULLUPS

WRIST EXERCISES

|KNEE| PUSHUPS

**FINISH**

MIMICKING SOME OF THE MOVEMENTS:  
SQUAT, JUMP, LUNGES, SIT UPS, CALF RAISES.

### TIP

Prevent severe injuries and long breaks from happening by always warming up before any activity. The back lever is a cool movement, but not really the most 'natural' position of your body; please be cautious and ONLY perform this movement if you have completed the warm AND feel like your body can handle it. I was there when one of my friends got injured during this movement, he was out for 6 months. [xCLICK HERE FOR THE INJURY VIDEOx](#)



# DAY -1

This day is the day, this is the one. You are going to start the program. This is the first thing you will do regarding the program, and it's quite fun!

We are going to look at your level and track your progress:

## WHAT IS YOUR LEVEL?

A NORMAL PUSH-UP/KNEE PUSH UP/CLAP PUSH UP.

A NORMAL PULL-UP/BAND PULL-UP/INVERTED ROW.

A NORMAL SQUAT/ASSISTED SQUATS OR.. WEIGHTED SQUATS?

CAN YOU DO DECENT AMOUNT OF SIT-UPS/CRUNCHES?

Tracking your progress is important. Not only because if you don't track your progress, or at least acknowledge progression, you are not getting better.

PROGRESSION = STRENGTH AND MUSCLE GAINS.

## HOW MANY CAN YOU DO?

TRACK THE REPS OF EVERY EXERCISE, WITH YOUR LEVEL.

## WHAT IS YOUR LEVEL?

THIS IS EXPLAINED PER EXERCISE IN THE WORKOUTS SECTION.

## A SIMPLE RULE

When you can perform an exercise (let's say the push-up) 10 times, it's your progression. It is completely normal if you can't even do 1 normal push-up or pull-up (That was exactly me when I started). So then you will start with knee push-ups. If you can't do those for 10 reps, again, no problem: just do as many as you can.

You will see insane progress in these weeks!

Tracking progression is really important, so I made it easy for you. Check the next page for a PROGRESSION sheet. [xCLICK HERE FOR THE VIDEOx](#)

# PROGRESSION

MOVEMENTS	WEEK1	WEEK4

NOTES
-------



# PROGRESSION

MOVEMENTS	WEEK5	WEEK8

NOTES
-------

# PROGRESSION

MOVEMENTS	WEEK9	WEEK12

NOTES
-------

**WORKOUT PROGRAM**

# week 1 till 4

**PHASE 1**



# PHASE 1

## WORKOUT 1

### WARM-UP

SEE PAGE 11 FOR THE WARM UP

### REST

BETWEEN SETS



### PUSH-UPS

KNEE PUSH-UPS MAX REPS/3,  
IF YOU REACH 10+ REPS/3 GO TO:  
NORMAL PUSH-UPS MAX REPS/3,  
IF YOU REACH 10+ REPS/3: ADD WEIGHT!

1.5-2 MIN

MAKE SURE TO REACH THE 10 REPS (9 OR 11 IS FINE,  
BUT NOT LESS AND NOT MORE!)

[XCLICK HERE FOR THE VIDEOX](#)



### PULL-UPS

BANDS PULLUP (YOUR LEVEL) 10 REPS/3,  
IF YOU REACH 10+ REPS/3 GO TO:  
THE NEXT BAND ETC. UNTIL YOU GET TO 10 REPS/3  
NORMAL PULL-UPS.  
IF YOU REACH 10+ REPS/3: ADD WEIGHT!

1.5-2 MIN

MAKE SURE TO REACH THE 10 REPS (9 OR 11 IS FINE,  
BUT NOT LESS AND NOT MORE!)

MAXIMUM NEGATIVE HANGS 3/1

(IF YOU DON'T HAVE BANDS, GO FOR 4 TIMES  
NEGATIVES, 5/4) GET BANDS THO

[XCLICK HERE FOR THE VIDEOX](#)



**REST**  
BETWEEN SETS

**3**

## **ABS**

ROMAN TWISTS: 12 REPS EACH SIDE (24 TOTAL)/3,  
IF YOU REACH 12+ REPS/3: ADD WEIGHT!  
KNEE RAISES: 12 REPS/3,  
IF THIS IS TOO EASY: LEG RAISES 8-12 REPS/3.  
(OR COMBINED: CHECK THE VIDEO)  
CRUNCHES: 12 REPS/3

**1.5-2 MIN**

[XCLICK HERE FOR THE VIDEOX](#)

**4**

## **LEGS**

SQUATS 12 REPS/3  
LUNGES 12 REPS EACH LEG (24 TOTAL)/3  
CALF RAISES 12 REPS/3

**1.5-2 MIN**

IF YOU REACH 12+ REPS/3: ADD WEIGHT!

[XCLICK HERE FOR THE VIDEOX](#)



# PHASE 1

## WORKOUT 2

### WARM-UP

SEE PAGE 11 FOR THE WARM UP

### REST

BETWEEN SETS



### PUSH-UPS

KNEE PUSH-UPS MAX REPS/1  
IF YOU REACH 15+ REPS/1 GO TO:  
NORMAL PUSH-UPS MAX REPS/1,  
IF YOU REACH 15+ REPS/1: ADD WEIGHT!

1.5-2 MIN

REPEAT ABOVE WITH DIAMOND KNEE PUSH-UPS  
AND WIDE KNEE PUSH-UPS

MAKE SURE TO REACH THE 15 REPS (12 OR 16 IS FINE,  
BUT NOT LESS AND NOT MORE!)  
EXCEPT IF ADDED WEIGHT

[XCLICK HERE FOR THE VIDEOX](#)



### PULL-UPS

BANDS PULL-UPS (YOUR LEVEL) MAX/1,  
IF YOU REACH 15+ REPS/1 GO TO:  
THE NEXT BAND ETC. UNTIL YOU GET TO 15+ REPS/1  
NORMAL PULL-UPS.  
IF YOU REACH 15+ REPS/1: ADD WEIGHT!

1.5-2 MIN

REPEAT ABOVE WITH BANDS CHIN-UPS  
(REPEAT THIS 2 TIMES)

MAKE SURE TO REACH THE 15 REPS (12 OR 16 IS FINE,  
BUT NOT LESS AND NOT MORE!)  
(IF YOU DON'T HAVE BANDS, GO FOR 4 TIMES 2X  
NORMAL GRIP + 2X CHIN-UP GRIP – 5 REPS)  
GET BANDS THO

[XCLICK HERE FOR THE VIDEOX](#)



**REST**  
BETWEEN SETS

**3**

## **ABS**

CRUNCHES MAX REPS/3  
IF YOU REACH 15+ REPS/3: ADD WEIGHT!

1.5-2 MIN

### **SUPERSET**

KNEE RAISES: 15 REPS/3,  
IF THIS IS TOO EASY: LEG RAISES 15 REPS/3.  
(OR COMBINED: CHECK THE VIDEO)  
ROMAN TWISTS: 12-15 REPS EACH SIDE  
(24-30 TOTAL)/3,  
IF YOU REACH 15+ REPS/3: ADD WEIGHT!

[XCLICK HERE FOR THE VIDEOX](#)

**4**

## **LEGS**

CALF RAISES 12 REPS/3

1.5-2 MIN

### **SUPERSET**

SQUATS 12 REPS/3  
LUNGES 12 REPS/3  
IF YOU REACH 12+ REPS/3: ADD WEIGHT!

[XCLICK HERE FOR THE VIDEOX](#)



# PHASE 1

## WORKOUT 3

### WARM-UP

SEE PAGE 11 FOR THE WARM UP

### REST

BETWEEN SETS

1

### PUSH-UPS

KNEE PUSH-UPS MAX REPS/1,  
IF YOU REACH 10+ REPS/1 GO TO:  
NORMAL PUSH-UPS MAX REPS/1,  
IF YOU REACH 10+ REPS/1: ADD WEIGHT!

1.5-2 MIN

REPEAT WITH KNEE CLAP PUSH-UPS

MAKE SURE TO REACH THE 10 REPS (9 OR 11 IS FINE,  
BUT NOT LESS AND NOT MORE!)

[XCLICK HERE FOR THE VIDEOX](#)

2

### PULL-UPS

BANDS EXPLOSIVE PULL-UPS (YOUR LEVEL)  
6-8 REPS/3,  
IF YOU REACH 8+ REPS/3 GO TO:  
THE NEXT BAND ETC. UNTIL YOU GET TO 8+ REPS/3  
NORMAL PULL-UPS.  
IF YOU REACH 8+ REPS/1: ADD WEIGHT!

1.5-2 MIN

REPEAT ABOVE WITH BANDS PULL-UPS (NO NEED TO  
ADD WEIGHT WITH THIS ONE - REP EM OUT!)

MAKE SURE TO REACH THE 6-8 REPS  
(IF YOU DON'T HAVE BANDS, GO FOR 4 TIMES 2X  
NORMAL GRIP + 2X CHIN-UP GRIP - 5 REPS)  
GET BANDS THO

[XCLICK HERE FOR THE VIDEOX](#)



# REST

BETWEEN SETS

3

## ABS

CRUNCHES: 12/3,  
IF YOU REACH 12+ REPS/3: ADD WEIGHT!  
KNEE RAISES: 12/3,  
IF THIS IS TOO EASY: LEG RAISES 8-12/3.  
(OR COMBINED: CHECK THE VIDEO)  
ROMAN TWISTS: 12 REPS EACH SIDE (24 TOTAL)/3,  
IF YOU REACH 12+ REPS/3: ADD WEIGHT!

1.5-2 MIN

[XCLICK HERE FOR THE VIDEOX](#)

4

## LEGS

CALF RAISES 12 REPS/3  
SQUATS 12 REPS/3  
LUNGES 12 REPS/3  
IF YOU REACH 12+ REPS/3: ADD WEIGHT!

1.5-2 MIN

[XCLICK HERE FOR THE VIDEOX](#)



**SOME ADVICE  
FROM A  
BEGINNER:  
NEVER  
JUDGE  
YOUR FULL  
POTENTIAL  
BASED ON  
YOUR FIRST  
RUN**

**CHIP GAINES**



**WORKOUT PROGRAM**

# Week 5 till 8

**PHASE 1**



# PHASE 1

## WORKOUT 1

### WARM-UP

SEE PAGE 11 FOR THE WARM UP

### REST

BETWEEN SETS



### PUSH-UPS

KNEE PUSH-UPS MAX REPS/3,  
IF YOU REACH 10+ REPS/3 GO TO:  
NORMAL PUSH-UPS MAX REPS/3,  
IF YOU REACH 10+ REPS/3: ADD WEIGHT!

1.5-2 MIN

MAKE SURE TO REACH THE 10 REPS (9 OR 11 IS FINE,  
BUT NOT LESS AND NOT MORE!)

[XCLICK HERE FOR THE VIDEOX](#)



### PULL-UPS

BANDS PULLUP (YOUR LEVEL) 10 REPS/3,  
IF YOU REACH 10+ REPS/3 GO TO:  
THE NEXT BAND ETC. UNTIL YOU GET TO 10 REPS/3  
NORMAL PULL-UPS.  
IF YOU REACH 10+ REPS/3: ADD WEIGHT!

1.5-2 MIN

MAKE SURE TO REACH THE 10 REPS (9 OR 11 IS FINE,  
BUT NOT LESS AND NOT MORE!)

MAXIMUM NEGATIVE HANGS 3/1

(IF YOU DON'T HAVE BANDS, GO FOR 4 TIMES  
NEGATIVES, 5/4) GET BANDS THO

[XCLICK HERE FOR THE VIDEOX](#)



# REST

BETWEEN SETS

3

## ABS

ROMAN TWISTS: 12 REPS EACH SIDE (24 TOTAL)/3,  
IF YOU REACH 12+ REPS/3: ADD WEIGHT!  
KNEE RAISES: 12 REPS/3,  
IF THIS IS TOO EASY: LEG RAISES 8-12 REPS/3.  
(OR COMBINED: CHECK THE VIDEO)  
CRUNCHES: 12 REPS/3

1.5-2 MIN

[XCLICK HERE FOR THE VIDEOX](#)

4

## SHOULDERS

PIKE PUSH-UPS 8-12/3

1.5-2 MIN

[XCLICK HERE FOR THE VIDEOX](#)

5

## LEGS

SQUATS 12 REPS/3  
LUNGES 12 REPS EACH LEG (24 TOTAL)/3  
CALF RAISES 12 REPS/3

1.5-2 MIN

IF YOU REACH 12+ REPS/3: ADD WEIGHT!

[XCLICK HERE FOR THE VIDEOX](#)



# PHASE 1

## WORKOUT 2

### WARM-UP

SEE PAGE 11 FOR THE WARM UP

### REST

BETWEEN SETS



### PUSH-UPS

KNEE PUSH-UPS MAX REPS/1  
IF YOU REACH 15+ REPS/1 GO TO:  
NORMAL PUSH-UPS MAX REPS/1,  
IF YOU REACH 15+ REPS/1: ADD WEIGHT!

1.5-2 MIN

REPEAT ABOVE WITH DIAMOND KNEE PUSH-UPS  
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[XCLICK HERE FOR THE VIDEOX](#)



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IF YOU REACH 15+ REPS/1: ADD WEIGHT!

1.5-2 MIN

REPEAT ABOVE WITH BANDS CHIN-UPS  
(REPEAT THIS 2 TIMES)

MAKE SURE TO REACH THE 15 REPS (12 OR 16 IS FINE,  
BUT NOT LESS AND NOT MORE!)  
(IF YOU DON'T HAVE BANDS, GO FOR 4 TIMES 2X  
NORMAL GRIP + 2X CHIN-UP GRIP – 5 REPS)  
GET BANDS THO

[XCLICK HERE FOR THE VIDEOX](#)



# REST

BETWEEN SETS

3

## ABS

CRUNCHES MAX REPS/3  
IF YOU REACH 15+ REPS/3: ADD WEIGHT!

1.5-2 MIN

### SUPERSET

KNEE RAISES: 15 REPS/3,  
IF THIS IS TOO EASY: LEG RAISES 15 REPS/3.  
(OR COMBINED: CHECK THE VIDEO)  
ROMAN TWISTS: 12-15 REPS EACH SIDE  
(24-30 TOTAL)/3,  
IF YOU REACH 15+ REPS/3: ADD WEIGHT!

[XCLICK HERE FOR THE VIDEOX](#)

4

## SHOULDERS

PIKE PUSH-UPS 8-12/3

1.5-2 MIN

[XCLICK HERE FOR THE VIDEOX](#)

5

## LEGS

CALF RAISES 12 REPS/3

1.5-2 MIN

### SUPERSET

SQUATS 12 REPS/3  
LUNGES 12 REPS/3  
IF YOU REACH 12+ REPS/3: ADD WEIGHT!

[XCLICK HERE FOR THE VIDEOX](#)



# PHASE 1

## WORKOUT 3

### WARM-UP

SEE PAGE 11 FOR THE WARM UP

### REST

BETWEEN SETS



### PUSH-UPS

KNEE PUSH-UPS MAX REPS/1,  
IF YOU REACH 10+ REPS/1 GO TO:  
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IF YOU REACH 10+ REPS/1: ADD WEIGHT!

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MAKE SURE TO REACH THE 10 REPS (9 OR 11 IS FINE,  
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[XCLICK HERE FOR THE VIDEOX](#)



### PULL-UPS

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6-8 REPS/3,  
IF YOU REACH 8+ REPS/3 GO TO:  
THE NEXT BAND ETC. UNTIL YOU GET TO 8+ REPS/3  
NORMAL PULL-UPS.  
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GET BANDS THO

[XCLICK HERE FOR THE VIDEOX](#)



# REST

BETWEEN SETS

3

## ABS

CRUNCHES: 12/3,  
IF YOU REACH 12+ REPS/3: ADD WEIGHT!  
KNEE RAISES: 12/3,  
IF THIS IS TOO EASY: LEG RAISES 8-12/3.  
(OR COMBINED: CHECK THE VIDEO)  
ROMAN TWISTS: 12 REPS EACH SIDE (24 TOTAL)/3,  
IF YOU REACH 12+ REPS/3: ADD WEIGHT!

1.5-2 MIN

[XCLICK HERE FOR THE VIDEOX](#)

4

## SHOULDERS

PIKE PUSH-UPS 8-12/3

1.5-2 MIN

[XCLICK HERE FOR THE VIDEOX](#)

5

## LEGS

CALF RAISES 12 REPS/3  
SQUATS 12 REPS/3  
LUNGES 12 REPS/3  
IF YOU REACH 12+ REPS/3: ADD WEIGHT!

1.5-2 MIN

[XCLICK HERE FOR THE VIDEOX](#)

**SUCCESS ISN'T ALWAYS ABOUT  
GREATNESS. IT'S ABOUT  
CONSISTENCY. CONSISTENT  
HARD WORK LEADS TO  
SUCCESS. GREATNESS WILL  
COME**

**DWAYNE "THE ROCK" JOHNSON**





**WORKOUT PROGRAM**

# **week 9 till 12**

**PHASE 1**



# PHASE 1

## WORKOUT 1

### WARM-UP

SEE PAGE 11 FOR THE WARM UP

### REST

BETWEEN SETS



### PUSH-UPS

KNEE PUSH-UPS MAX REPS/3,  
IF YOU REACH 10+ REPS/3 GO TO:  
NORMAL PUSH-UPS MAX REPS/3,  
IF YOU REACH 10+ REPS/3: ADD WEIGHT!

1.5-2 MIN

MAKE SURE TO REACH THE 10 REPS (9 OR 11 IS FINE,  
BUT NOT LESS AND NOT MORE!)

[XCLICK HERE FOR THE VIDEOX](#)



### PULL-UPS

BANDS PULLUP (YOUR LEVEL) 10 REPS/3,  
IF YOU REACH 10+ REPS/3 GO TO:  
THE NEXT BAND ETC. UNTIL YOU GET TO 10 REPS/3  
NORMAL PULL-UPS.  
IF YOU REACH 10+ REPS/3: ADD WEIGHT!

1.5-2 MIN

MAKE SURE TO REACH THE 10 REPS (9 OR 11 IS FINE,  
BUT NOT LESS AND NOT MORE!)

MAXIMUM NEGATIVE HANGS 3/1

(IF YOU DON'T HAVE BANDS, GO FOR 4 TIMES  
NEGATIVES, 5/4) GET BANDS THO

[XCLICK HERE FOR THE VIDEOX](#)



# REST

BETWEEN SETS

3

## ABS

ROMAN TWISTS: 12 REPS EACH SIDE (24 TOTAL)/3,  
IF YOU REACH 12+ REPS/3: ADD WEIGHT!  
KNEE RAISES: 12 REPS/3,  
IF THIS IS TOO EASY: LEG RAISES 8-12 REPS/3.  
(OR COMBINED: CHECK THE VIDEO)  
CRUNCHES: 12 REPS/3

1.5-2 MIN

[XCLICK HERE FOR THE VIDEOX](#)

4

## SHOULDERS

PIKE PUSH-UPS 8-12/3

1.5-2 MIN

[XCLICK HERE FOR THE VIDEOX](#)

5

## LEGS

SQUATS 12 REPS/3  
LUNGES 12 REPS EACH LEG (24 TOTAL)/3  
CALF RAISES 12 REPS/3

1.5-2 MIN

IF YOU REACH 12+ REPS/3: ADD WEIGHT!

[XCLICK HERE FOR THE VIDEOX](#)



# PHASE 1

## WORKOUT 2

### WARM-UP

SEE PAGE 11 FOR THE WARM UP

### REST

BETWEEN SETS



### PUSH-UPS

KNEE PUSH-UPS MAX REPS/1  
IF YOU REACH 15+ REPS/1 GO TO:  
NORMAL PUSH-UPS MAX REPS/1,  
IF YOU REACH 15+ REPS/1: ADD WEIGHT!

1.5-2 MIN

REPEAT ABOVE WITH DIAMOND KNEE PUSH-UPS  
AND WIDE KNEE PUSH-UPS

MAKE SURE TO REACH THE 15 REPS (12 OR 16 IS FINE,  
BUT NOT LESS AND NOT MORE!)  
EXCEPT IF ADDED WEIGHT

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### PULL-UPS

BANDS PULL-UPS (YOUR LEVEL) MAX/1,  
IF YOU REACH 15+ REPS/1 GO TO:  
THE NEXT BAND ETC. UNTIL YOU GET TO 15+ REPS/1  
NORMAL PULL-UPS.  
IF YOU REACH 15+ REPS/1: ADD WEIGHT!

1.5-2 MIN

REPEAT ABOVE WITH BANDS CHIN-UPS  
(REPEAT THIS 2 TIMES)

MAKE SURE TO REACH THE 15 REPS (12 OR 16 IS FINE,  
BUT NOT LESS AND NOT MORE!)  
(IF YOU DON'T HAVE BANDS, GO FOR 4 TIMES 2X  
NORMAL GRIP + 2X CHIN-UP GRIP – 5 REPS)  
GET BANDS THO

[XCLICK HERE FOR THE VIDEOX](#)



# REST

BETWEEN SETS

3

## ABS

CRUNCHES MAX REPS/3  
IF YOU REACH 15+ REPS/3: ADD WEIGHT!

1.5-2 MIN

### SUPERSET

KNEE RAISES: 15 REPS/3,  
IF THIS IS TOO EASY: LEG RAISES 15 REPS/3.  
(OR COMBINED: CHECK THE VIDEO)  
ROMAN TWISTS: 12-15 REPS EACH SIDE  
(24-30 TOTAL)/3,  
IF YOU REACH 15+ REPS/3: ADD WEIGHT!

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4

## SHOULDERS

PIKE PUSH-UPS 8-12/3

1.5-2 MIN

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5

## LEGS

CALF RAISES 12 REPS/3

1.5-2 MIN

### SUPERSET

SQUATS 12 REPS/3  
LUNGES 12 REPS/3  
IF YOU REACH 12+ REPS/3: ADD WEIGHT!

[XCLICK HERE FOR THE VIDEOX](#)



# PHASE 1

## WORKOUT 3

### WARM-UP

SEE PAGE 11 FOR THE WARM UP

### REST

BETWEEN SETS



### PUSH-UPS

KNEE PUSH-UPS MAX REPS/1,  
IF YOU REACH 10+ REPS/1 GO TO:  
NORMAL PUSH-UPS MAX REPS/1,  
IF YOU REACH 10+ REPS/1: ADD WEIGHT!

1.5-2 MIN

REPEAT WITH KNEE CLAP PUSH-UPS

MAKE SURE TO REACH THE 10 REPS (9 OR 11 IS FINE,  
BUT NOT LESS AND NOT MORE!)

[XCLICK HERE FOR THE VIDEOX](#)



### PULL-UPS

BANDS EXPLOSIVE PULL-UPS (YOUR LEVEL)  
6-8 REPS/3,  
IF YOU REACH 8+ REPS/3 GO TO:  
THE NEXT BAND ETC. UNTIL YOU GET TO 8+ REPS/3  
NORMAL PULL-UPS.  
IF YOU REACH 8+ REPS/1: ADD WEIGHT!

1.5-2 MIN

REPEAT ABOVE WITH BANDS PULL-UPS (NO NEED TO  
ADD WEIGHT WITH THIS ONE - REP EM OUT!)

MAKE SURE TO REACH THE 6-8 REPS  
(IF YOU DON'T HAVE BANDS, GO FOR 4 TIMES 2X  
NORMAL GRIP + 2X CHIN-UP GRIP – 5 REPS)  
GET BANDS THO

[XCLICK HERE FOR THE VIDEOX](#)



# REST

BETWEEN SETS

3

## ABS

CRUNCHES: 12/3,  
IF YOU REACH 12+ REPS/3: ADD WEIGHT!  
KNEE RAISES: 12/3,  
IF THIS IS TOO EASY: LEG RAISES 8-12/3.  
(OR COMBINED: CHECK THE VIDEO)  
ROMAN TWISTS: 12 REPS EACH SIDE (24 TOTAL)/3,  
IF YOU REACH 12+ REPS/3: ADD WEIGHT!

1.5-2 MIN

[XCLICK HERE FOR THE VIDEOX](#)

4

## SHOULDERS

PIKE PUSH-UPS 8-12/3

1.5-2 MIN

[XCLICK HERE FOR THE VIDEOX](#)

5

## LEGS

CALF RAISES 12 REPS/3  
SQUATS 12 REPS/3  
LUNGES 12 REPS/3  
IF YOU REACH 12+ REPS/3: ADD WEIGHT!

1.5-2 MIN

[XCLICK HERE FOR THE VIDEOX](#)



# PHASE 1

## WORKOUT 4

### WARM-UP

SEE PAGE 11 FOR THE WARM UP

### REST

BETWEEN SETS



### PUSH-UPS

BANDS DIPS 10 REPS/3,  
IF YOU REACH 10+ REPS/3 GO TO:  
NORMAL DIPS MAX REPS/3,  
IF YOU REACH 10+ REPS/3: ADD WEIGHT!

1.5-2 MIN

KNEE PUSH-UPS MAX/1,  
IF YOU REACH 10+ REPS/1 GO TO:  
NORMAL PUSH-UPS MAX REPS/1

MAKE SURE TO REACH THE 10 REPS (9 OR 11 IS FINE,  
BUT NOT LESS AND NOT MORE!) \*HIT 10\*

[XCLICK HERE FOR THE VIDEOX](#)



### PULL-UPS

BANDS PULL-UPS (YOUR LEVEL) 12 REPS/3,  
IF YOU REACH 12+ REPS/3 GO TO:  
THE NEXT BAND ETC. UNTIL YOU GET TO 12+ REPS/3  
NORMAL PULL-UPS.

1.5-2 MIN

AUSTRALIAN PULL-UP/INVERTED ROW MAX REPS/2

MAKE SURE TO REACH THE 12 REPS  
(IF YOU DON'T HAVE BANDS, GO FOR 4 TIMES 2X  
NORMAL GRIP + 2X CHIN-UP GRIP – 5 REPS)  
GET BANDS THO

[XCLICK HERE FOR THE VIDEOX](#)



# REST

BETWEEN SETS

3

## ABS

TUCKED L-SIT HOLD MAX SEC/3  
SIDE TO SIDE SIT-UPS 12 REPS/3

1.5-2 MIN

[XCLICK HERE FOR THE VIDEOX](#)

4

## SHOULDERS

FROG STAND 15 SEC/3,  
IF YOU REACH 15 SEC/3 GO TO:  
FROG STAND MAX SEC/3  
PIKE PUSH-UPS 8-12/3

1.5-2 MIN

[XCLICK HERE FOR THE VIDEOX](#)

5

## LEGS

CALF RAISES 12 REPS/3

1.5-2 MIN

### SUPERSET

SQUATS 12 REPS/3  
LUNGES 12 REPS/3  
IF YOU REACH 12+ REPS/3: ADD WEIGHT!

[XCLICK HERE FOR THE VIDEOX](#)



# TIPS AND TRICKS

1

## FOOD

This is not a food program/guide, however, don't make it too hard for yourself. Eat enough calories. 'But I want to lose weight?', same story: You will be working out and getting active a lot more than you (are) used to. So, if you will also be dropping the calories a lot you will make it A) a lot harder for yourself to not see this as way to hard and quit. B) It's too much.

Eat healthy: YES! Eat only fruit and veggies and drop your daily calorie intake by a 1000 calories: NO!

So to conclude: Eat healthy, but try to maintain your calorie intake and see what happens. Then react to what happens. (Losing weight extremely quick? Eat 300 calories more per day. Gaining weight too fast? Eat 300 calories less per day)

And for those who want to gain more weight because: Start with eating 500 calories more per day.

HOW TO CALCULATE YOUR CALORIES [\(link\)](#)

2

## LIFESTYLE

This should not be 'just a program you followed for 12 weeks'. You should keep this going and make it a lifestyle. Simple said, eat healthy but don't be too hard on yourself and also keep eating things that you want, workout regularly and ALWAYS focus on progress. PROGRESS = KEY (for everything). Standing still at the same spot will get you nowhere.

4

## QUITTING

The most important thing while working out is to be consistent, to NOT QUIT. But that's easier said than done, or is it? Yes and no, because if you do what you love, you're not going to be quitting anytime soon. How to start enjoying things? That brings me to tip and trick #2.

3

## GREASING THE GROOVE

This is training method that focusses on practise, practise and practise.

Besides your normal workouts (this program) you can 'grease the groove'. What this means is working on skills throughout the entire day (like the previous challenges!).

However, this method focusses on PROGRESSION and learning new skills. For example:

You: not able to do 10 pullups in a row.

Grease the groove: Do your max. pullups throughout the day!

Just after you woke up, before you go to bed or when you are taking a break from .. (school/work/homework), practise your pullups.

So at the end of the day you did an extra X amount of sets! All these sets help you to reach your goal a lot faster. Practise, practise, practise. Greasing the groove is how I got my first one arm pullups.

Oh and..

DON'T forget about your form and DON'T forget to warmup before doing any activity. This is hard to do when you are at work, school or any place the entire day – then the best thing is to get your workout in that day, maybe do a little extra later that day, and save 'Greasin the groove' for the weekend.

Basically, you are training the entire day.



**LAST TIP:**



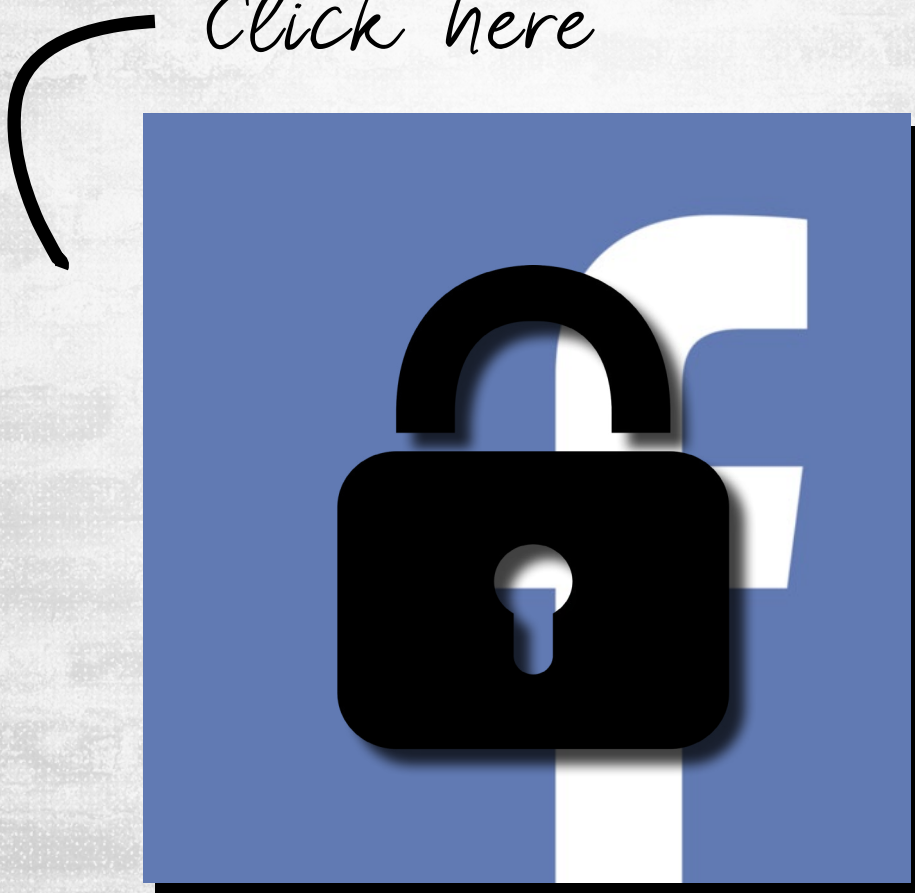
**DRINK  
YOUR  
WATER**

**- STAN BROWNE**



# THE WORKOUT PROGRAM

*Click here*



The private Facebook group, A MUST. This is why:

- Ask ALL your questions throughout your journey.
- Reply to others - we're all in this together.
- SHARE YOUR PROGRESS! Motivate yourself and others!

**MAKE SURE TO CLICK THE LINK!**



# DISCOUNTS DISCOUNTS DISCOUNTS

**I WILL UPDATE THESE ON THE FACEBOOK GROUP AND ALSO LET YOU KNOW ABOUT TEMPORARY/LIMITED DISCOUNTS.**

## 20%

Use code: BROWNEY20

### MYPROTEIN

Supplements, snacks and a lot more (basically everything).

## 5%

Use code: BROWNEY

### PULLUP&DIP

The best (portable) pullup bar there is, my water bottle and a lot more.

## 10%

Use code: BROWNEY10

### RUBBERBANDITZ

Resistance bands. (and more)

Just say "STANBROWNEY" when you're there or email them when purchasing something and mention "STANBROWNEY" in the e-mail.  
Discount varies depending on the product.

### FITWINKEL (NL)

Everything there is, but most importantly: THE PULL UP RACK.



*For bands or any other equipment: If you live in the US I would go for RUBBERBANDITZ, if you live in EUROPE I would go for PULLUP&DIP.*



# ABOUT THE AUTHOR



Stan Bruininck, better known as '(Stan) Browney', created The Ultimate Lifestyle to help you and others build a healthy, sustainable and most important of all enjoyable lifestyle. With hundreds of thousands of followers, Stan is one of the top creators in the world of improving your lifestyle and helping people in being the best version of themselves. With advanced experiences in these subjects, personal help and help from the entire community, you will create your Ultimate Life(style).

Thank you so much for your purchase and checking out my approach.

I created THE BODYWEIGHT MASTER to learn you about the basics of bodyweight training, to help you and thousands of others with their journey. I made this course cheap, I wanted this program to be a 'no-brainer' for beginners.

Enjoy the program!

I will be your coach and friend on your way to the top.

## STANBROWNEY





**I LOVE  
YOU BACK**





**WRITTEN BY STAN BRUININCK**

**DESIGNED BY THE VISUAL STUDIO**

**SPECIAL THANKS TO YOU**